



## Provincials - Long Course

Sponsored by: Team Aquatic Supplies

### Purpose

The first stage of provincial heats and finals racing and a last chance qualifying event for the Swim Alberta Summer Championships. All individual event winners qualify to attend the Summer Championships.

Qualifying	March 1, 2018 to June 3, 2019
Entry Deadline *	June 3, 2019 9:59 pm MST
Scratch Deadlines	Swim Alberta Scratch Rule (Appendix A)
<b>* Withdrawals will not be refunded after the entry deadline</b>	

### Facility

Brookfield Residential YMCA at Seton, 4995 Market Street SE, Calgary, Alberta  
10 x 50-meter pool with warm-up and cool down space available

June 14-16	Preliminaries:	Warm-up: 7:30 AM / Start: 8:30 AM
June 14-16	Finals:	Warm-up: 4:00 PM / Start: 5:00 PM

### Sanction

This meet is sanctioned by Swim Alberta.

### Rules

The meet will be conducted under published FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

### Hosts

Swim Alberta and the University of Calgary Swim Club

Meet Manager	Harvey Katterhagen	<a href="mailto:hkatterhagen@live.ca">hkatterhagen@live.ca</a>
Officials Chair	Stephanie Wigginton	<a href="mailto:swigginton@telus.net">swigginton@telus.net</a>
Swim Alberta	Kevin Dennis	780-415-1785 / <a href="mailto:kevin@swimalberta.ca">kevin@swimalberta.ca</a>

### Safe Sport

Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe, and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

Swim Alberta further recommends that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.



## Eligibility

This meet is closed to swimmers currently registered with a Swim Alberta affiliated year-round club. Para swimmers must have a valid classification listed on the Swimming Canada website ([www.swimming.ca](http://www.swimming.ca)).

## Qualifying

Swimmers may qualify for the Provincials by achieving one of the Provincial time standards within the qualifying period. Swimmers are de-qualified from the Provincials if they have achieved a Swim Alberta Championship standard in two (2) events. Time standards are available on [www.swimalberta.ca](http://www.swimalberta.ca). Para swimmers classified at Level 2 who have not yet achieved a provincial para swimming time standard may attend.

## Entries

Swimmers who have qualified in one (1) event may enter up to a maximum of six (6) individual events. Swimmers may enter any 50m, 100m or 200m event. Swimmers who have achieved a Provincial standard in the 400m freestyle, 800m freestyle or 400 IM may enter any event 400m or longer. Swimmers who have one championship standard may swim that event in order to qualify for the Championships as an event winner. Entries must be submitted online at [www.swimming.ca](http://www.swimming.ca). Deck entries will not be permitted.

## Age-Up Entries

When a swimmer's birthday falls between Provincials and Championships, making them ineligible for either competition, the swimmer must be entered in the higher age category at Provincials for all individual events. This can only occur if the swimmer has achieved the Provincials time standard in the higher age category. Coaches must notify Swim Alberta at the time of entry with the swimmer's name for all age-up requests.

## Entry Fees payable to Swim Alberta.

Entry Fees are \$15.00 per individual event and \$20.00 per relay event. Entry fees include Olympic

Bonus and are refundable prior to the entry deadline. Entry fees must be paid prior to the start of the competition.

## Entry Rules

Entries must be submitted using the athletes best Long Course or Short Course time. Meet Management will convert entry times for seeding. No-Time (NT) entries will not be accepted, coaches must submit estimated times. Estimated times will not supersede any proven time in the fastest heat of a timed final event.

Late entries of pre-qualified swimmers will be subject to a \$50.00 fine per swimmer payable to Swim Alberta prior to the start of the competition. Any club submitting entries for de-qualified or non-qualified athletes will be subject to a \$100.00 fine per non-qualified athlete payable to Swim Alberta.

## Scratches

The Swim Alberta Scratch Rule will be in effect for this competition. (See appendix A)

## Format

### Individual Categories

Female: 12 & Under, 13-14, 15 & Over

Male: 13 & Under, 14-15, 16 & Over

### Relay Categories

Female: 12 & Under, 14 & Under, Open

Male: 13 & Under, 15 & Under, Open

## Diving

Starts will be conducted from Starting Platforms (blocks) as per FINA 2.3 and SW 4.1.

## Preliminaries

There will be preliminaries and finals for all events 200m and shorter. All preliminaries will swim regardless of entries and will be senior seeded, fast to slow.

## Finals

There will be A-finals for each age category in all events 200m or shorter.

## Timed Finals

The 400 freestyle, 800 freestyle, 400 IM and all relays will be time final events. All time final events will be senior seeded, fast to slow. The fastest heat of each time final event, will swim with in finals, regardless of age. The 800 freestyle may be seeded with two swimmers per lane at the discretion of Swim Alberta and the meet manager.

The 400 freestyle, 800 freestyle and 400 IM require positive check-in. Positive check-in deadlines are listed below.

#### Positive Check-in Deadlines

800 Free (Female)	June 14	8:30 am
400 IM	June 15	7:30 am
400 Free	June 15	8:30 am
800 Free (Male)	June 16	8:30 am

#### Relays

Relay events are time final and will be swum by category, fastest to slowest. Teams may enter one (1) 'relay only' swimmer for the 'A' relay. 'Relay Only' entries must be done using Hy-Tek and Swim Alberta notified when entries are submitted. This is only permitted if the team has three (3) swimmers eligible for the relay who are entered in at least one individual event.

Individual names must be submitted to the Clerk of Course by the deadlines listed below.

4x50 Free	June 14	4:30 pm
4x50 Medley	June 15	4:30 pm

#### Awards

##### Individual Events

Medals will be awarded to the top three swimmers in each event.

##### Relay Events

Medals will be awarded to the top three teams in each event.

#### Draw Prizes

Each heat winner will be eligible for a draw prize. Draw prizes will be selected prior to the start of the final session.

#### Time Trials

Swim Alberta and meet management must both approve a time trial, which will only be held in exceptional circumstances.

#### Proof of Time

Swim Alberta may request proof of time for any entry. Clubs will have 48 hours to provide proof of time. If a Club is unable to prove an entry time the entry may be removed (events 400m or longer) or seeded last (events 200m or shorter).

#### Official Splits

Must be requested prior to the start of the session. Coaches may be required to supply timers for Official Split requests.

#### Psych Sheets

To be published Tuesday prior to the meet. Changes will not be permitted once the psych sheet is published.

#### Accreditation

Clubs will be provided one accreditation per swimmer registered in the competition. Clubs will receive one coach accreditation per 10 swimmers entered. Additional coach accreditations must be requested prior to the competition.

#### Media

Club photographers are not permitted.

Friday June 14	
<p><b>Preliminaries</b></p> <p>Warm-up: 7:30 am / Start: 8:30 am</p> <p>100 Backstroke 200 IM 100 Freestyle 200 Butterfly 50 Breaststroke 800 Freestyle Female (Time Final)</p>	<p><b>Finals</b></p> <p>Warm-up: 4:00 pm / Start: 5:00 pm</p> <p>100 Backstroke 200 IM 100 Freestyle 200 Butterfly 50 Breaststroke 800 Freestyle Female (Time Final - Top 8) 4x50 Free (Males first)</p>
Saturday June 15	
<p><b>Preliminaries</b></p> <p>Warm-up: 7:30 am / Start: 8:30 am</p> <p>400 IM (Time Final) 50 Freestyle 200 Backstroke 100 Breaststroke 50 Butterfly 400 Freestyle (Time Final)</p>	<p><b>Finals</b></p> <p>Warm-up: 4:00 pm / Start: 5:00 pm</p> <p>400 IM (Time Final - Top 8) 50 Freestyle 200 Backstroke 100 Breaststroke 50 Butterfly 400 Freestyle (Time Final - Top 8) 4x50 Medley</p>
Sunday June 16	
<p><b>Preliminaries</b></p> <p>Warm-up: 7:30 am / Start: 8:30 am</p> <p>200 Breaststroke 50 Backstroke 200 Freestyle 100 Butterfly 800 Freestyle Male (Time Final)</p>	<p><b>Finals</b></p> <p>Warm-up: 4:00 pm / Start: 5:00 pm</p> <p>800 Freestyle Male (Time Final - Top 8) 200 Breaststroke 50 Backstroke 200 Freestyle 100 Butterfly</p>



**TEAM AQUATIC SUPPLIES LTD**

**Swim Alberta Sponsor Hotels**  
Phone direct to request the Swim Alberta rate

**Courtyard by Marriott, Calgary South**

3750 Market Street SE, Calgary, AB, T3M 1M4  
Two Queens - \$149 Per Night  
587-349-7599



**Residence Inn by Marriott, Calgary South**

3710 Market Street SE, Calgary, AB, T3M 1M4  
Full Kitchen - \$159 Per Night  
587-349-8633



**Appendix A**

Alberta provincial meets will use the Swim Alberta Scratch Rule.  
<http://www.swimalberta.ca/officials/meet-manager-information>

**SWIM ALBERTA SCRATCH RULE**

**Heats & Final Meets including Short Course & Long Course Provincials, Spring & Summer Championships**

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course according to the information detailed below:

*Scratch Deadline and Penalties for Preliminaries:*

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

*Scratch Deadline for Time Final Events (including relays):*

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the referee.

- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining finals, including relays, scheduled for that session.

*Scratch Deadline for Time Final Events utilizing Positive Check-in*

- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.
- Once checked-in a swimmer is not entitled to scratch from the event. No-shows, step-downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining finals, including relays, scheduled for that session and any other session in which the event in question is swum.

*Scratch Deadline and Penalties for Finals:*

- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the referee and the coach of the alternate. The alternate is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final and qualify, would be provided the opportunity.

**Deadlines for Relays**

The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin.

The deadline for name changes shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. The deadline will be a minimum of 30 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.